

Grounding

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		<p>1 Somatic Yoga for Grounding Time: 38min</p>	<p>2 Root Chakra Yoga Time: 23min</p>	<p>3 Seated Yoga Stretch Time: 26min</p>	<p>4 Progressive Muscle Relaxation for Anxiety Relief Time: 20min</p>	<p>5 Yoga for the Pelvic Floor Time: 16min</p>
<p>6 Yoga for the Feet and Ankles Time: 13min</p>	<p>7 Somatic Yoga Morning Routine Time: 25min</p>	<p>8 Somatic Yoga to Release Tension and Stiffness Time: 42min</p>	<p>9 Wall Yoga for Beginners Time: 31min</p>	<p>10 Seated Somatic Yoga Routine Time: 28min</p>	<p>11 Somatic Meditation for Emotional Release Time: 23min</p>	<p>12 Yoga for Strong Legs & Glutes Time: 14min</p>
<p>13 Morning Yoga to Release Tension Time: 21min</p>	<p>14 Yoga for a Rainy Day Time: 23min</p>	<p>15 Yoga to Calm Your Nerves Time: 30min</p>	<p>16 Somatic Yoga to Lower Cortisol Time: 37min</p>	<p>17 Yoga for Lymphatic System Time: 29min</p>	<p>18 Somatic Yoga for Nervous System Regulation Time: 40min</p>	<p>19 Yoga for Hips and Hamstrings Time: 18min</p>
<p>20 Grounding Yoga: No Standing Postures Time: 17min</p>	<p>21 Yoga for Anxiety & Stress Relief: Grounding Yoga Time: 23min</p>	<p>22 Yoga for Balance Time: 21min</p>	<p>23 Somatic Yoga: Nurture Time: 31min</p>	<p>24 Earth Element Yoga Time: 28min</p>	<p>25 Somatic Yoga: Gratitude Time: 36min</p>	<p>26 Slow Flow Yoga for Grounding Time: 24min</p>
<p>27 Yoga for Gardeners Time: 31min</p>	<p>28 15 Min Morning Somatic Yoga Routine Time: 16min</p>	<p>29 Yoga for Focus and Calm Time: 25min</p>	<p>30 Yoga for Reducing Inflammation Time: 25min</p>			